

Hypnobirthing - For a better birth

An information guide



Hypnobirthing - For a better birth

What is KG Hypnobirthing?

Originally developed by Katherine Graves a qualified hypnotherapist, community midwives are now able to offer this course to women and their partners in Oldham, Rochdale and North Manchester.

KG Hypnobirthing is a complete birth education programme that teaches you and your partner simple but specific self-hypnosis, relaxation and breathing techniques. It is a complete antenatal education that makes a difference to a woman's experience of labour and birth. Hypnobirthing lets you discover and experience the joy and magic of birth and will give you the tools to give your baby the best possible start to life.

- Learn self - hypnosis to induce deep relaxation
- Use massage techniques to release endorphins, the body's natural analgesia (pain relief)
- Complete visualisation exercises and affirmations to make you feel confident, calm and positive.

The benefits of hypnobirthing for you

A woman's body is naturally designed to give birth. Hypnobirthing can help you to work with your body, releasing the fears and negativity of birth as being a painful experience and replacing it with calmness and confidence, therefore empowering you to have a drug free labour which can result in a more gentle birth. You will learn how to put yourself back in control of your birth.

The benefits of hypnobirthing for your partner

Hypnobirthing is a partnership between you and your partner. By being supportive and part of the journey your partner acts as your advocate and leader, which can enrich and deepen your relationship with each other and your newborn baby.

The benefits of KG hypnobirthing for your baby

The benefit of hypnobirthing for your baby is a calm and gentle birth with a reduced of babies becoming distressed, which can lead to intervention.

Is hypnobirthing safe?

You will always be aware of what is happening to you. Hypnobirthing doesn't mean you will be in a trance or asleep, you will be totally relaxed, able to chat to everyone but be fully in control.

How much does the course cost? And what is included?

The cost of the KG Hypnobirthing course is £50.00.

This includes:-

- A four week programme presented by KG Hypnobirthing trained midwives. Each weekly session will last between 2-2½ hours
- A parent's information pack covering the 4 week programme
- A copy of the KG Hypnobirthing book by Katherine Graves
- A colour and calmness CD.

If you wish to enrol on to the KG Hypnobirthing course, or would like more information please contact the community midwives office on **0161 652 5811**.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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